

Durable Dynamics:
Sustaining Long-term Authority-Based Relationships
WORKSHEET

Values

- What is important to you in life?
- What are some of your key personal/life values?

Characteristics or behaviors you bring to an authority-based relationship

Characteristics or behaviors you want from the person on the other side of the slash

- Circle the Top 3 in each category
- Discuss with your partner where you align, and where you need more discussion

Expressing and Receiving Affection

HOW TO SPEAK YOUR SPOUSE'S LOVE LANGUAGE { }

WHICH LOVE LANGUAGE?	HOW TO COMMUNICATE	ACTIONS TO TAKE	THINGS TO AVOID
 WORDS OF AFFIRMATION	Encourage, affirm, appreciate, empathize. Listen actively.	Send an unexpected note, text, or card. Encourage genuinely and often.	Non-constructive criticism, not recognizing or appreciating effort.
 PHYSICAL TOUCH	Non-verbal - use body language and touch to emphasize love.	Hug, kiss, hold hands, show physical affection regularly. Make intimacy a thoughtful priority.	Physical neglect, long stints without intimacy, receiving affection coldly.
 RECEIVING GIFTS	Thoughtfulness, make your spouse a priority, speak purposefully.	Give thoughtful gifts and gestures. Small things matter in a big way. Express gratitude when receiving a gift.	Forgetting special occasions, unenthusiastic gift receiving.
 QUALITY TIME	Uninterrupted and focused conversations. One-on-one time is critical.	Create special moments together, take walks and do small things with your spouse. Weekend getaways are huge.	Distractions when spending time together. Long stints without one-on-one time.
 ACTS OF SERVICE	Use action phrases like "I'll help...". They want to know you're with them, partnered with them.	Do chores together or make them breakfast in bed. Go out of your way to help alleviate their daily workload.	Making the requests of others a higher priority, lacking follow-through on tasks big and small.

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BASED ON "THE 5 LOVE LANGUAGES", A BOOK BY DR. GARY CHAPMAN

How do you express affection? How do you prefer to receive affection?

Rank order each of YOUR Love Languages
1 for the most liked, 5 for the least liked

Language		YOUR Order in RECEIVING	PARTNER's Order in GIVING	DIFF		YOUR Order in GIVING	PARTNER's Order in RECEIVING	DIFF
Words of Affirmation								
Physical Touch								
Receiving Gifts								
Quality Time								
Acts of Service								

Ask your partner for THEIR rank order.

Fill in the DIFFERENCE column with a number representing how far apart you are. For instance, if you said 2 and your partner said 4, your DIFF is 2. One or 2 indicates alignment, 3 to 5 is more of a challenge

HOMEWORK: Make time to talk and strategize about how to deal with your challenge areas.

What makes relationships work?

Write as many as you can on the post-its you've been provided.

Put them on the appropriate sheet.

As the class goes through the items, write what feels really important to you.

All Relationships	Need more in Authority-Based Relationships	Specific to Authority-Based Relationships

Notes on the **CHANGES** section of the class

Notes on the **CHALLENGES** section of the class

Next Steps: Examine/discuss after the class

- Review together the positives about what you get from your relationship
- Compare your values and discuss
 - Recognize your compatibilities
 - Discuss how to handle where you're less compatible
- Discuss your top 3 things you want from someone on the other side of the slash; strategize how to make that work
- Compare your Love Languages, discuss how to get your needs met if there are differences
- Review your current protocols, rituals, service and other aspects of your dynamic: keep what's good, change or discard what isn't, add more. Don't be afraid of change!
- Get your future plans (and maybe paperwork) in order.

Find JOY in your dynamic